



Three Rivers Community Action, Inc. is a nonprofit corporation that works with community partners to address basic human needs of people in our service area, thereby improving the quality of life of the individual, family and community.

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# Senior Programs News

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WINTER 2016

## Winterize to Prevent Falls

Steps to Prevent a Fall—from the National Council on Aging.

**Below are four simple steps that YOU can take today to reduce falls among older adults and adults with disabilities in your community.**

### **“Winterize” shoes, boots, and assistive devices**

- Attach spikeless ice and snow shoe gripper sole covers to shoes for extra stability when walking on slippery surfaces. Look for these at sporting goods stores.
- Attach an ice gripper cane tip that has spikes on the bottom to penetrate the ice and secure a firm grip. Ice grip tips can be purchased online.
- Choose winter shoes with rubber soles to maintain traction on slippery surfaces.

### **Carry kitty litter for slick surfaces**

Encourage older adults to **carry a zip top bag filled with a lightweight kitty litter** in their pocket and cast it out ahead of themselves on slick surfaces.

### **Screen older adults for fall risk**

Health care providers: begin to check ALL older adults with the STEADI fall risk screening tool as part of your normal intake and reevaluation process. Learn more about administering the **STEADI screen** and using **evidence-based falls prevention programs** in your community. For tool, go to: <http://www.cdc.gov/steady/>

### **Give the gift of falls prevention**

Encourage adult children to give fall-proofing gifts to their parents:

- Fall alarm systems that are motion triggered without hitting a button
- Higher toilets in the home
- Replace multifocal glasses with single vision eyeglass lenses
- Grab bars in bathroom and next to outside steps or inside thresholds
- Install firm stair railings on both sides of stairways and set automatic lights over stairways and by outside entrances.
- Shorter days mean more time in the dark—give tiny flashlights to attach to keys, hats, and coat buttons

**Help make this season a safe, warm, and wonderful one for your patients, family, and community!**

Source: Mindy Oxman Renfro, PT, PhD, DPT; Chair, American Phy

REMINDER:

- *If you are receiving services from the Meals On Wheels program and need to cancel your meal delivery for a day, please contact the caterer the day before the cancellation.*



## Our Caterers

### Goodhue County

#### **Cannon Falls**

Cannon Falls Medical Center-Mayo

#### **Goodhue**

Seminary Home-Red Wing

#### **Pine Island**

Pine Haven Care Center

#### **Wanamingo**

Semcac-Red Wing

#### **Zumbrota**

Semcac-Red Wing

### Rice County

#### **Faribault**

District One Hospital

### Wabasha County

#### **Mazeppa**

Pine Haven Care Center

#### **Wabasha**

Semcac Senior Dining

# Caregiver's Corner



## A Caregiver's Bill of Rights

By Jo Horne

I have the right:

To take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my loved one.

To seek help from others even though my loved ones may object. I recognize the limits of my own endurance and strength.

To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things just for myself.

To get angry, be depressed, and express other difficult feelings occasionally.

To reject any attempts by my loved one (either conscious or unconscious) to manipulate me through guilt, and/or depression.

To receive consideration, affection, forgiveness, and acceptance for what I do, from my loved ones, for as long as I offer these qualities in return.

To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my loved one.

To protect my individuality and my right to make a life for myself that will sustain me in the time when my loved one no longer needs my full-time help.

To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.

# Here's to your Health...

## Tips for Adding Fruits & Vegetables to Your Daily Meals

- ◇ Buy fresh fruits and vegetables in season or frozen vegetables in bags to save money. Canned fruits and vegetables can be a good option too if you compare labels and pick foods with the lowest sodium and sugar.
- ◇ Eat colorful fruits and vegetables to get a variety of flavors and nutrients.
- ◇ Stock up on low-sodium frozen or canned fruits and vegetables on sale. Compare the labels to pick those without added sugars.
- ◇ Grind or chop fruits and vegetables in a blender or processor to make them easier to chew.
- ◇ Blend fresh, frozen, or canned fruit with milk for a fruit shake.
- ◇ Keep fresh whole fruits in a bowl on the table for quick snacks.
- ◇ Try using fresh or unsweetened canned fruits for desserts and snacks.
- ◇ Add fruit slices to cereal and salads.
- ◇ Bake or broil apples, pears, or bananas with cinnamon and nutmeg or top with yogurt. This makes a sweet treat for dessert.
- ◇ Eat yogurt or cottage cheese topped with fresh fruit.
- ◇ Choose cut-up vegetables as a daily snack, such as packages of baby carrots, broccoli, or cauliflower.
- ◇ Add vegetables to soups, stews, and casseroles.
- ◇ Cook and serve vegetables steamed, lightly stir-fried, or raw.
- ◇ Use a small baked potato with low-fat cheese for a quick and easy meal.
- ◇ Beans can be an affordable source of fiber and protein. Buy them canned to save cooking time. Rinse to remove sodium.
- ◇ Start with a fresh salad at least once a day. For convenience, add pre-cut, packaged salad ingredients or fresh, frozen, or canned fruit slices and/or vegetables.

Source: National Council on Aging, 2016

Please note: You may be eligible for the Supplemental Nutrition Assistance Program. Please contact your Advocate and share your gross monthly income to determine your eligibility! We can also assist with completion of applications.

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1-800-277-8418  
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- Have a change of address.
- Are receiving more than one copy.
- Would like to be removed from our list.
- Would like an emailed copy.

### Our Program Advocates

*Rice and Western Goodhue counties:*

**Carla Pearson, LSW**

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*Wabasha and Eastern Goodhue counties:*

**Randi Callahan, LSW**

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